WHAT IS CLAIMED IS:

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1. A nasal ventilation interface comprising:

a cannula connectable to a source of ventilation gas via at least two ventilation connectors;

at least one reservoir flange coupled to the ventilation connectors and in close proximity with at least one nasal insert;

at least one seal portion positioned on a distal end of the at least one nasal insert;

a central reservoir between the at least one reservoir flange and the nasal insert;

at least one exhaust flange coupled to the central reservoir; and
an exhaust port coupled to the exhaust flange positioned at a midpoint between
the at least two ventilation connectors.

- 2. The ventilation interface according to claim 1, wherein the exhaust port is configured with an adjustable dial to adjust the aperture of the exhaust port.
 - 3. The ventilation interface according to claim 1, wherein the exhaust port has a decreasing circumference from a proximal portion towards a distal end of the exhaust port.
- 4. The ventilation interface according to claim 3, wherein an interior wall of
 the exhaust port maintains a substantially constant diameter.
 - 5. The ventilation interface according to claim 1, further comprising at least one headgear flange.
 - 6. The ventilation interface according to claim 5, wherein the at least one headgear flange is connected a flanged on the outer wall of the cannula.

- 7. The ventilation interface according to claim 6, wherein the headgear flange is substantially U-shaped.
- 8. The ventilation interface according to claim 1, wherein at least one of the reservoir flange, nasal insert, and central reservoir are configured to provide laminar flow.
 - 9. The ventilation interface according to claim 1 wherein the exhaust port has a substantially circular cross section.
 - 10. The ventilation interface according to claim 1 wherein the seal portion has a substantially oval cross section.
- 11. The ventilation interface according to claim 1 wherein the seal portion is configured to receive a skirt to prevent leakage.
 - 12. The nasal ventilation interface according to claim 1 further comprising: means for adjusting an aperture of the exhaust port.
 - 13. The nasal ventilation interface according to claim 1 further comprising: a cannula with means for providing improved laminar flow between at least one of a second inflow portion, a third inflow portion, a first outflow portion, a second outflow portion and a third outflow portion.

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14. The nasal ventilation interface according to claim 1 further comprising: means for slowing the inflowing air velocity decreasing a drop in pressure by allowing additional air molecules to enter the central reservoir while driven by a same pressure setting.

15. A nasal ventilation interface comprising:

a cannula connectable to a source of ventilation gas via at least two ventilation connectors forming a first inflow portion;

a reservoir flange forming a second inflow portion;

at least one nasal insert, the at least one nasal insert forming a third inflow portion and a first outflow portion;

at least one seal portion positioned on a distal end of the at least one nasal insert;

a central reservoir forming a second outflow portion;

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at least one exhaust flange forming a third outflow portion; and

an exhaust port positioned at a midpoint between the at least two ventilation connectors forming a fourth outflow portion and a fifth outflow portion.

- 16. The ventilation interface according to claim 15, wherein the exhaust port is configured with an adjustable dial to adjust the aperture of the exhaust port.
- 17. The ventilation interface according to claim 15, wherein the exhaust port has a decreasing circumference from a proximal portion towards a distal end of the exhaust port.
- 18. The ventilation interface according to claim 17, wherein an interior wall of the exhaust port maintains a substantially constant diameter.
- 19. The ventilation interface according to claim 15, further comprising at least one headgear flange.
- 20. The ventilation interface according to claim 19, wherein the at least one headgear flange is connected to the reservoir outer wall.
- 21. The ventilation interface according to claim 20, wherein the headgear flange is substantially U-shaped.

- 22. The ventilation interface according to claim 15, wherein at least one of the reservoir flange, nasal insert, and central reservoir are configured to provide laminar flow.
- 23. The ventilation interface according to claim 15 wherein the exhaust port

 base a substantially circular cross section.
 - 24. The ventilation interface according to claim 15 wherein the seal portion has a substantially oval cross section.
 - 25. The ventilation interface according to claim 15 wherein the seal portion is configured to receive a skirt to prevent leakage.
 - 26. The nasal ventilation interface according to claim 15 further comprising: means for adjusting an aperture of the exhaust port.

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- 27. The nasal ventilation interface according to claim 15 further comprising: a cannula with means for providing improved laminar flow between at least one of a second inflow portion, a third inflow portion, a first outflow portion, a second outflow portion and a third outflow portion.
- 28. The nasal ventilation interface according to claim 15 further comprising: means for slowing the inflowing air velocity without a drop in pressure by allowing additional air molecules to enter the central reservoir.
- 29. The nasal ventilation interface according to claim 15 wherein the at least one nasal insert are removable.
 - 30. The nasal ventilation interface according to claim 15 wherein the at least one nasal insert and seal portion create a seal with at least one naris.
 - 31. The nasal ventilation interface according to claim 15 wherein the at least one nasal insert and seal portion create a seal in at least one naris with a slight expansion of the seal portion by a positive airway pressure.

- 32. The nasal ventilation interface according to claim 15 wherein the at least one nasal insert and seal portion are held in at least one naris by a headgear.
 - 33. A ventilation interface system, comprising: a source of ventilation gas;
- a connector having at least one branch that is coupled to the source of ventilation gas; and

a cannula that is connectable to the source of ventilation gas via another branch of the y-connector, wherein the cannula comprises a headgear flange that is engageable with a piece of headgear, at least two ventilation connectors forming a first inflow portion, a reservoir flange forming the first inflow portion into a second inflow portion, at least one nasal insert, the at least one nasal insert forming the second inflow portion into a third inflow portion and providing a path for a first outflow portion, a seal portion positioned on a distal end of the at least one nasal insert, a central reservoir forming the first outflowouflow portion into a second outflow portion, at least one exhaust flange forming the second outflow portion into a third outflow portion, and an exhaust port coupled to the central reservoir and positioned at a midpoint between the at least two ventilation connectors for forming the third outflow portion into the fourth outflow portion and forming the fourth outflow portion into a fifth outflow portion.

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